Level 4 CrossFit Seattle

LEVEL 4

A	BLACK Level 4 elite athlete	B	BLACK Level 4 elite athlete	C	BLACK Level 4 elite athlete
hips	***single leg squats:*** 8/leg + .2 bodyweight ***barbell squats:*** 20 × 1.1 bodyweight ***barbell squats:*** 3 × 1.75 bodyweight ***deadlift:*** 3 × 2.2 bodyweight	**hips**	***single leg squats:*** 15/leg + .2 bodyweight ***barbell squats:*** 20 × 1.2 bodyweight ***barbell squats:*** 3 × 1.9 bodyweight ***deadlift:*** 3 × 2.4 bodyweight	**hips**	***single leg squats:*** 20/leg + .2 bodyweight ***barbell squats:*** 20 × 1.3 bodyweight ***barbell squats:*** 3 × 2 bodyweight ***deadlift:*** 3 × 2.5 bodyweight
push	***ring deep push ups:*** 12 ***ring one arm push-ups:*** 3/arm ***one arm push-ups:*** 12/arm ***dips:*** 30 ***ring dips:*** 20 ***weighted ring dips:*** 3 + .7 bodyweight ***ring deep dips:*** 5 ***military press:*** 3 × .85 bodyweight ***free standing handstand:*** 2:00 hold ***free standing handstand push-up:*** 3	**push**	***rings deep push ups:*** 15 ***rings one arm push-ups:*** 5/arm ***one arm push-ups:*** 15/arm ***ring dips:*** 25 ***weighted ring dips:*** 3 + .8 bodyweight ***ring deep dips:*** 8 ***military press:*** 3 × .95 bodyweight ***free standing handstand:*** 2:30 hold ***free standing handstand push-up:*** 5	**push**	***ring deep push ups:*** 18 ***rings one arm push-ups:*** 8/arm ***one arm push-ups:*** 18/arm ***ring dips:*** 30 ***weighted rings dips:*** 3 + .9 bodyweight ***ring deep dips:*** 12 ***military press:*** 3 × 1 bodyweight ***free standing handstand:*** 3:00 hold ***free standing handstand push-up:*** 8
pull	***pull-ups:*** 30 ***chest to bar chin-ups:*** 20 ***weighted pull-ups:*** 3 + .9 bodyweight ***muscle-up:*** 15 ***archer ring pull-ups:*** 5/5 ***archer ring rows:*** 15/15 ***L-sit rope climb:*** ↑↓↑ 20' ***front lever hold:*** :05 ***back lever hold:*** :08 ***bent over row:*** 8 × 1.1 bodyweight	**pull**	***one arm pull-ups:*** 3/3 ***chest to bar chin-ups:*** 25 ***weighted pull-ups:*** 3 + .95 bodyweight ***muscle-up:*** 18 ***archer ring pull-ups:*** 8/8 ***L-sit rope climb:*** ↑↓↑↓ 20' ***front lever hold:*** :08 ***back lever hold:*** :15 ***bent over row:*** 5 × 1.25 bodyweight	**pull**	***one arm pull-up:*** 5/5 ***chest to bar chin-ups:*** 30 ***weighted pull-ups:*** 3 + 1 bodyweight ***muscle up:*** 20 ***archer ring pull-ups:*** 12/12 ***L-sit rope climb:*** ↑↓↑↓↑ 20' ***front lever hold:*** :15 ***back lever hold:*** :30 ***bent over row:*** 8 × 1.25 bodyweight
core	***overhead squat:*** 10 × 1 bodyweight ***rings L-sit:*** 1:15 hold ***full ab roll-out*** × 8	**core**	***overhead squat:*** 12 × 1 bodyweight ***rings L-sit:*** 1:30 hold ***full ab roll-out*** × 12	**core**	***overhead squat:*** 15 × 1 bodyweight ***rings L-sit:*** 1:45 minutes ***full ab roll-out*** × 15
work	***barbell thrusters:*** 50 × .65 bodyweight ***2 kettlebell clean & jerk:*** 20 women 20Kg, men 24Kg ***500 meter row:*** women 1:40 men 1:25 ***5 Km run:*** 18:30	**work**	***barbell thrusters:*** 50 × .7 bodyweight ***2 kettlebell clean & jerk:*** 35 women 20Kg, men 24Kg ***2000 meter row:*** women 7:40 men 6:08 ***5 Km run:*** 17:45	**work**	***barbell thrusters:*** 50 × .75 bodyweight ***2 kettlebell clean & jerk:*** 50 women 20Kg, men 24Kg ***row:*** 5k row for women at 20:00 6k row for men at 20:00 ***5 Km run:*** 17:00
speed	***400 meter run:*** 1:04 minutes ***barbell clean:*** 3 × 1.2 bodyweight ***barbell snatch:*** 3 × bodyweight	**speed**	***800 meter run:*** 2:20 minutes ***barbell clean:*** 3 × 1.4 bodyweight ***barbell snatch:*** 3 × .7 bodyweight	**speed**	***1 mile run:*** 5 minutes ***barbell clean:*** 3 × 1.5 bodyweight ***barbell snatch:*** 3 × bodyweight

Created by: David Werner

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